

# Naan

**Makes:** 40 Servings

## Ingredients

**1 package** yeast, active dry (1/4 ounce)  
**1 cup** warm water  
**1/4 cup** sugar  
**3 tablespoons** milk, 1%  
**1** egg, beaten  
**2 teaspoons** salt  
**4 1/2 cups** bread flour  
**2 teaspoons** garlic, minced (optional)  
**1/4 cup** butter, melted

## Directions

### Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>40</b>	
Total Fat	1.5 g	2%
Protein	2 g	
Carbohydrates	13 g	4%
Dietary Fiber	0 g	0%
Saturated Fat	1 g	5%
Sodium	130 mg	5%

1. In a large bowl, dissolve yeast in warm water and let stand about 10 minutes or until frothy.
2. Stir in sugar, milk, egg, salt and enough flour to make a soft dough.
3. Knead for six to eight minutes on a lightly floured surface or until smooth.
5. Let it rise one hour until the dough has doubled in volume.
6. Punch down dough and knead in garlic.
7. Pinch off small handfuls of dough about the size of a golf ball.
8. Roll into balls and place on a tray. Cover with a towel and allow to rise until doubled in size, about 30 minutes.
9. During the second rising, preheat grill to high heat.
10. At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill and cook for two to three minutes or until puffy and lightly browned.
11. Brush uncooked side with butter and turn over.
12. Brush cooked side with butter and cook until browned, another two to four minutes.
13. Remove from grill and continue the process until all the naan has been prepared.